



Classes and Activities for

Families

Recreation eGuide

Spring and Summer 2018

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Visual Arts

Schedules and fees may be subject to change. Fees include HST. Each barcode is linked from the PDF directly to the page specific to the barcode in our registration system where you can view additional details. Starting from the registration date, you can add each class to your cart for easy registration!

Instructional programs are advertised in the language in which they are offered.

Digital Arts

Maker Studio – Crafty Builds

This workshop brings Art and Science together in fun and exciting ways. Imagine, design, craft and build creative projects using a wide variety of materials.

Lansdowne Park – 613-580-2424 ext. 17323

May 28	Mon.	11 am-12:30 pm
3-5 years	\$21.25	1155904
6-14 years	\$21.25	1155897
15-17 years	\$24	1155917
18+ years	\$24	1155889
May 29	Tue.	5:30-7 pm
3-5 years	\$21.25	1155907
6-14 years	\$21.25	1155900
15-17 years	\$24	1155924
18+ years	\$24	1155892

Maker Studio – Electrical Gizmos

This workshop involves playing with simple circuits to create imaginative and exciting gizmos like mini-bots, and stuffed critters that light up when squeezed.

Lansdowne Park – 613-580-2424 ext. 17323

Apr 16	Mon.	11 am-12:30 pm
3-5 years	\$21.25	1155692
6-14 years	\$21.25	1155682
15-17 years	\$24	1155706
18+ years	\$24	1155673
Apr 17	Tue.	5:30-7 pm
3-5 years	\$21.25	1155758
6-14 years	\$21.25	1155755
15-17 years	\$24	1155766
18+ years	\$24	1155746

Jun 11	Mon.	11 am-12:30 pm
3-5 years	\$21.25	1155945
6-14 years	\$21.25	1155938
15-17 years	\$24	1155952
18+ years	\$24	1155927
Jun 12	Tue.	5:30-7 pm
3-5 years	\$21.25	1155949
6-14 years	\$21.25	1155943
15-17 years	\$24	1155955
18+ years	\$24	1155935
Jul 24	Tue.	5:30-7 pm
3-5 years	\$21.25	1163950
6-14 years	\$21.25	1163949
15-17 years	\$24	1163952
18+ years	\$24	1163948

Maker Studio – Light & Sound

This workshop explores the world of light and sound through exciting and inventive projects.

Lansdowne Park – 613-580-2424 ext. 17323

May 14	Mon.	11 am-12:30 pm
3-5 years	\$21.25	1155857
6-14 years	\$21.25	1155846
15-17 years	\$24	1155870
18+ years	\$24	1155834
May 15	Tue.	5:30-7 pm
3-5 years	\$21.25	1155859
6-14 years	\$21.25	1155849
15-17 years	\$24	1155880
18+ years	\$24	1155837
Aug 7	Tue.	5:30-7 pm
3-5 years	\$21.25	1163955
6-14 years	\$21.25	1163954
15-17 years	\$24	1163956
18+ years	\$24	1163953

Maker Studio – Things That Go!

This workshop will have you designing and building a variety of projects from flying machines to crazy cars.

Lansdowne Park – 613-580-2424 ext. 17323

Apr 30	Mon.	11 am-12:30 pm
3-5 years	\$21.25	1155803
6-14 years	\$21.25	1155798
15-17 years	\$24	1155811
18+ years	\$24	1155790

May 1	Tue.	5:30-7 pm
3-5 years	\$21.25	1155824
6-14 years	\$21.25	1155820
15-17 years	\$24	1155813
18+ years	\$24	1155818
Jul 23	Mon.	11 am-12:30 pm
3-5 years	\$21.25	1163945
6-14 years	\$21.25	1163943
15-17 years	\$24	1163947
18+ years	\$24	1163941

Drawing

Sketching en Plein Air

Let fresh air and nature inspire your creativity. Explore drawing fundamentals such as using light, perspective, composition, texture and gesture while discovering outdoor environments. Experiment with different mediums like pencil, charcoal, and ink. All levels welcome.

Lansdowne Park – 613-580-2424 ext. 17323

Apr 3-May 1	Tue.	1:30-3:30 pm
6-14 years	\$80.75	1163937
15+ years	\$91.25	1163932

Performing Arts

Abba's Greatest Hits & Pop Performance

Experience performance through Abba and pop. Professional musician and teacher Peter Grant Mackechnie teaches singing ability, musicality, vocal projection, and performance skills through popular music. A series of workshops culminates in a combined performance.

Nepean Creative Arts – 613-580-2828

Apr 29-Jun 10	Sun.	10-11:30 am
15-18 years	\$102.25	1153714
19+ years	\$102.50	1153705

Contemporary – Level 1

A dance style that borrows from modern, ballet and jazz choreography. Study basic ballet and modern dance principles while advancing your steps. Uncover various moves, step combinations and new choreography. Create your own dance.

Nepean Creative Arts

Apr 9-Jun 4	Mon.	7:30-8:30 pm
15-18 years	\$91.25	1156913
18+ years	\$91.25	1156927

Jazz – Level 1

High energy class that encourages rhythm, co-ordination, flexibility and execution. Introduction to different styles of jazz including theatrical, pop, and lyrical. Learn various moves, combinations of steps, and choreography.

Nepean Creative Arts

Apr 13-Jun 8	Fri.	6:30-7:30 pm
15-18 years	\$92.25	1139954
18+ years	\$102.50	1139959

Pottery

Handbuilding – Parent and Me

Get messy with your little ones! Create a unique pottery piece together using simple handbuilding forms and techniques. Discover coils, slabs and pinching techniques. One adult per child. No exceptions. Separate registration.

Nepean Visual Arts – 613-580-2828

Apr 8-May 6	Sun.	10 am-noon
6-10 years	\$101	1144933
19+ years	\$114	1142646
Apr 8-May 6	Sun.	1-3 pm
6-10 years	\$101	1144966
19+ years	\$114	1142645

Wheel – Parent and Me

Learn wheel throwing techniques to create projects together in a freely creative environment. Discover how to throw on a potter's wheel, trim, decorate and glaze. One adult per child. No exceptions. Separate registration.

Nepean Visual Arts – 613-580-2828

Apr 8-Jun 17	Sun.	1:30-3:30 pm
11-14 years	\$201.75	1144976
19+ years	\$227.75	1143946



Fitness

Yoga

Combined focus on mindfulness, breathing and slow physical movements, practiced regularly, increases strength and flexibility as well as decreasing stress.

Pinecrest – 613-828-3118

Apr 8-Jun 17	Sun.	9:30-10:30 am
6-14 years	\$75	1160134
18+ years	\$90	1160114
Jul 8-Aug 19	Sun.	9:30-10:30 am
6-14 years	\$50	1160135
18+ years	\$60	1160133

Plant – 613-232-3000

Mar 21-Jun 20	Wed.	7:45-8:45 pm
6-14 years	\$116.75	1162737
15-18 years	\$131.75	1162746
19+ years	\$140	1162749
Jul 8-Aug 26	Sun.	10-11 am
6-14 years	\$58.50	1164256
15-18 years	\$66	1164263
19+ years	\$70	1164259

Richcraft-Kanata – 613-580-9696

Mar 25-Jun 24	Sun.	10:30-11:30 am
6-14 years	\$100	1157548
15-18 years	\$113	1157534
19+ years	\$120	1157500

Zumba®

Inspired by Latin and International dance, this is a great cardio fitness class with focus on fun and sweating. You'll be blasting calories through salsa, merengue, samba, belly dance, reggaeton, and hip-hop without even thinking about it!

Kanata Recreation – 613-580-2570

Apr 5-Jun 14	Thu.	6-7 pm
7-14 years	\$74.50	1157417
15-17 years	\$84.25	1157410
18+ years	\$90.75	1157397

Sports

Badminton – Game Play

Emphasis is on active participation and fun. Non-instructional game play for the whole family. Individual registrations required.

Bridlewood – 613-271-0712

Apr 6-Jun 15	Fri.	7-8 pm
6-14 years	\$41	1139161
15+ years	\$46.25	1138856
Apr 6-Jun 15	Fri.	8-9 pm
6-14 years	\$41	1139162
15+ years	\$46.25	1139158

Eva James – 613-271-0712

Apr 8-Jun 10	Sun.	4-5 pm
6-14 years	\$37	1139159
15+ years	\$41.75	1138854
Apr 8-Jun 10	Sun.	5-6 pm
6-14 years	\$37	1139160
15+ years	\$41.75	1138855

South Fallingbrook – 613-824-0633

Mar 19-Jun 18	Mon.	6-7 pm
8-14 years	\$49.25	1153911
15-18 years	\$55.50	1154676
19+ years	\$55.50	1154683
Mar 19-Jun 18	Mon.	7-8 pm
8-14 years	\$49.25	1154672
15-18 years	\$55.50	1154677
19+ years	\$55.50	1154684
Mar 23-Jun 22	Fri.	6-7 pm
8-14 years	\$49.25	1154674
15-18 years	\$55.50	1154679
19+ years	\$55.50	1154682

Greenboro – 613-580-2805

Apr 22-Jun 17	Sun.	3-4 pm
6-14 years	\$32.75	1162101
19+ years	\$37	1162098

Dodgeball – Game Play

Dip, dodge and dive! Emphasis is on active participation and fun. Games are at a recreational level.

Ray Friel – 613-580-4765

Apr 10-Jun 12	Tue.	6-7 pm
7-12 years	\$41	1156206
19+ years	\$46.25	1156214

Taekwondo

Korean martial art, teaches self defence and discipline and promotes confidence. Progress at your rate by testing held throughout the term. Additional fees may apply for uniform and testing.

Earl Armstrong Arena – 613-746-7109

Mar 28-Jun 27	Wed.	7-8 pm
15-18 years	\$81	1160995
18+ years	\$126	1155480
Jul 4-Aug 29	Wed.	7-8 pm
6-13 years	\$72	1160988
15-18 years	\$126	1155493
18+ years	\$81	1161124

Pat Clark (Cyrville) – 613-748-1771

Mar 28-Jun 27	Wed.	7-8 pm
6-14 years	\$112	1154610

South Fallingbrook – 613-824-0633 ext. 221

Mar 26-Jun 13	Mon., Wed.	5:30-6:30 pm
6-14 years	\$172	1153759
15-18 years	\$194.50	1153837
18+ years	\$194.50	1153864
Mar 26-Jun 13	Mon., Wed.	6:45-7:45 pm
6-14 years	\$172	1153781
15-18 years	\$194.50	1153842
19+ years	\$194.50	1153871
Mar 26-Jun 20	Mon., Wed.	8-9 pm
6-14 years	\$187.75	1153794
15-18 years	\$212	1153847
19+ years	\$212	1153879
Jun 25-Aug 22	Mon., Wed.	5:30-6:30 pm
6-14 years	\$125.25	1153816
15-18 years	\$141.50	1153854
19+ years	\$141.50	1153886
Jun 25-Aug 22	Mon., Wed.	6:45-7:45 pm
6-14 years	\$125.25	1153824
15-18 years	\$141.50	1153858
19+ years	\$141.50	1153898
Jun 25-Aug 22	Mon., Wed.	8-9 pm
6-14 years	\$125.25	1153829
15-18 years	\$141.50	1153861
19+ years	\$141.50	1153902

Rollerskating – Level 1

Learn the basics of quad roller skating or sharpen your skills. Beginners will focus on balance, start/stop, falling safely, rolling and basic forward strokes. Intermediates will add advanced forward strokes, backwards basics, maneuvering and turns.

Lansdowne Park – 613-580-2424 ext. 17323

Apr 9-30	Mon.	4:30-5:30 pm
6-14 years	\$22	1163914

15-17 years	\$24.75	1163916
18+ years	\$24.75	1163911
May 7-Jun 18	Mon.	4:30-5:30 pm
6-14 years	\$32.75	1163915
15-17 years	\$37	1163917
18+ years	\$37	1163913

Rollerskating – Open Skate

Want a blast from the past? Join us for roller disco for fun on eight wheels. Family friendly with rental skates available.

Lansdowne Park – 613-580-2424 ext. 17323

Apr 9-30	Mon.	1:30-3:30 pm
6-14 years	\$32.75	1155974
15-17 years	\$37	1155980
18+ years	\$37	1155964
Apr 9-30	Mon.	6:30-8:30 pm
6-14 years	\$32.75	1156196
15-17 years	\$37	1156165
18+ years	\$37	1156180
May 7-Jun 18	Mon.	1:30-3:30 pm
6-14 years	\$49.25	1156192
15-17 years	\$55.50	1156156
18+ years	\$55.50	1156175
May 7-Jun 18	Mon.	6:30-8:30 pm
6-14 years	\$49.25	1156201
15-17 years	\$55.50	1156169
18+ years	\$55.50	1156185

General Interest

Nerf® Tag

Engage in various Nerf Tag battles and cooperative games like Capture the Flag, Target Challenges and Nerf Castles, for fun and fair play.

Ray Friel – 613-580-4765

Apr 11-Jun 13	Wed.	7-8 pm
7-12 years	\$57.25	1156232
19+ years	\$64.75	1156251

Drop In Activities

You can now search for up to date drop-in activities at your local facility using our [search tool](#).